

CLAIM AMENDMENTS

The amendments to the claims will replace all prior versions of claims in the application:

1. (Currently Amended) A self-ventilated, ergonomic footwear comprising:

an elastomeric sole; and an upper having at least one insole, wherein

the sole comprises, in ~~the~~ an area corresponding to ~~the~~ a sole of ~~the~~ a foot, a plurality of longitudinal grooves both on ~~its~~ an inner and outer ~~sides~~ side of the sole, arranged in an alternating manner in relation to one another, determining a "bellows"-type structure;

the upper has, in the area corresponding to the sole of the foot and beneath the insole, an elastic laminar body;

a chamber formed between the elastic laminar body and the sole, the chamber having a volume that varies upon walking; and

the elastic laminar body having openings which communicate the chamber to inside the footwear and allow passage of air in both directions.

2. (Currently amended) ~~A self-ventilated, ergonomic~~ The footwear according to ~~the~~ of claim 1, wherein the grooves of the sole adopt a longitudinal arrangement essentially parallel to ~~the~~ a longitudinal edge of the sole closest thereto and have a depth affecting about half ~~the~~ a thickness of the sole.

3. (Canceled)

4. (Currently amended) ~~A self-ventilated ergonomic~~ The footwear according to of claim 1, wherein the elastic laminar body ~~located beneath the insole~~ is stiffened by ~~means of~~ a longitudinal middle band and two transverse end bands, suitably ~~solidly the end bands~~ connected to the middle band thereto and ~~solidly the end~~ bands connected to the upper of the footwear, the openings for communicating with the inside of the footwear being located in ~~these~~ the middle band and the end bands, said bands ~~having a considerable thickness~~.
5. (New) A self-ventilated, ergonomic footwear, comprising:
- an outer elastomeric sole; and an upper having at least one insole, wherein
 - the upper comprises, between the outer and the insole, an elastic laminar body,
 - a chamber formed between the outer sole and the elastic laminar body, the chamber having a volume that varies upon walking,
 - the elastic laminar body having openings that communicate the chamber with inside of the footwear and allowing passage of air in both directions.
6. (New) The footwear of claim 5, wherein the elastic laminar body is stiffened by a longitudinal middle band and a pair of traverse end bands, one of the pair of end bands located at a level of a toe-cap and the other of the pair of end bands side in a rear side area of a sector corresponding with a sole of a foot, the end bands connected to both the upper of the footwear and to the outer sole.

7. (New) The footwear of claim 6, wherein the openings are located in the middle band and the end bands.
8. (New) The footwear of claim 5, wherein the outer sole has, at a level of a sole of a foot, a plurality of longitudinal grooves both on an inner and outer side of the outer sole, arranged in an alternating manner in relation to one another, determining a “bellows”-type structure.
9. (New) The footwear of claim 8, wherein the grooves of the outer sole are essentially parallel to a longitudinal edge of the outer sole closest thereto and have a depth approximately half a thickness of the outer sole.